

Real life boundaries for an 11 year old girl.

(Name changed for privacy sake)

(These boundaries are pinned to the wall in plain sight for everyone to see)

Meal Times

Breakfast (Waking up to end of breakfast)

- 20 minutes to eat (set time on clock with deadline)
- Zero electronics just Susy,
- Clean dishes off and counter top in its entirety
- No electronics after

Lunch

- 20 minutes to eat (set time on clock with deadline)
- Zero electronics everybody, every ones phone is in a cupboard
- Clean dishes off and counter top in its entirety
- Electronics happen 15 minutes after

Dinner

- 30 minutes to eat (set time on clock with deadline)
- Zero electronics everybody. 15 minutes before dinner and 15 minutes after
- Clean dishes off and counter top in its entirety
- Absolutely no desserts until all food is eaten off plate.
 - Take small portions at first if needed.
 - Possible to get zero dessert for rest of night if plate not finished.

Electronics (smart phone and tablet)

School days:

- 4-4:30pm
- 6:30pm-7:00pm (then phone is in Mom and Dad's bedroom after 8pm and shut off till morning)
- Extra time is earned through extra chores, extra practice guitar, extra performance

Weekend days:

- 2 hours total. Metered out by APP.
- Phone completely confiscated after 8pm and in Mom and Dad's bedroom till morning.
- Extra is earned through extra chores, extra practice guitar, extra performance

Chores

(Mandatory, not to be rewarded for with extra phone time)
(Susy can be paid \$25/week and she has to put it towards extracurricular)

Monday

- Bedroom tidy (10 minutes)
- ?

Tuesday

Wednesday

- Bedroom tidy (10 minutes)
- ?

Thursday

Friday

- Bedroom tidy (10 minutes)
- ?

Saturday

- Bedroom clean (20 minutes)
- ?

Extracurricular

1. Susy pays for a guitar lesson
2. Mom and Dad pay for next guitar lesson (only when Susy pays and attends a lesson)
3. Susy pays for a guitar lesson.
4. Mom and Dad pay for a guitar lesson.
 - a. Susy misses a Mom and Dad paid lesson, she owes Mom and Dad \$25
 - b. No other outing happens until she pays that debt

All other activities are required for Susy to attend. What she misses she reimburses you, and has to come up with a replacement activity for anything she quits. Requirement is at least 2 extracurricular activities. Until 2 extracurricular activities are attended regularly for more than 2 weeks she is grounded from electronics to 0.5 hour per day.